

Mastersplash



In This Issue

JUNE 2014

Coaches
Certification Clinics
and Stroke Clinic

Feels like summer! Jump in and enjoy all of the swimming opportunities!
Many are occurring this coming weekend. See the Upcoming Events bar to
the left.

Worlds Updates

2014 USMS
Speedo 5K & 10K
ePostal

FINA World Championships has EXTENDED THE ENTRY DEADLINE .. see
below.

COMSA Party

Heide Crino

Open Water
Swimming at
Chatfield

Coaches Certification and Stroke Clinics
Coaching Level 1& 2 - June 7th
Coaching Level 3 and Stroke Clinic - June 8th

Other Open Water
Venues and events

2014
USMS/COMSA
Registration

CMS Apparel

Planning Ahead

Local and National
Swimming Links

Whats Happening at
USMS

Quick Links

[Register Now](#)

[Clubs and Workout
Groups](#)

[More About Us](#)

Upcoming



**USMS Levels 1&2 and Level 3
Masters Coach Certification**

**Colorado LMSC is hosting a USMS Masters Coach
Certification and Stroke Clinic**

Saturday June 7th Levels 1&2
Sunday June 8th Level 3 and Stroke Clinic

Location of Classroom Instruction:
Veterans Memorial Aquatic Center
5310 E 136th Ave,
Thornton, CO 80241
(720) 972-2560

Events

June 7-8, 2014
Rocky Mountain
Senior Games
Swim Meet
Greeley Recreation
Center
meet info and
registration

June 7, 2014
11th Annual
SWIM Masters
Lowery Pool
meet info and
registration

June 7 & 8 2014
Coaches
Certification &
Stroke Clinics
register Level 1 &
2
register Level 3
register stroke
clinic

June 21, 2014
First Annual Nixie
Waves Open Water
Swim
Aurora Reservoir
Contact Heather
Rodriguez for a \$5
discount code
Event info and Entry
Form

June 24, 2014
COMSA PARTY
Prost Brewery
5:00 pm - 7:30 PM

**July 27-Aug.10,
2014**
**Fina World
Masters
Championships**
Montreal, Canada
meet info

**August 13-17,
2014**
2014 Marriott U.S.
Masters Swimming
Summer National
Championship
University of

Host: Jared Foster jaredf@hardyboyplant.com
Contact: Bill Brenner bill.brenner@usms.org

Coaching LEVEL 1&2

Saturday, June 7, 2014
9:00am - 5:00pm

Instructors: Mel Goldstein, David Burgess and Bill Brenner

Register Here:
[LEVEL 1&2 REGISTRATION](#)

Coaching LEVEL 3

Sunday June 8
8:30am-3:00 pm.

Location of Classroom Instruction:

Veterans Memorial Aquatic Center
5310 E 136th Ave,
Thornton, CO 80241
(720) 972-2560

Instructors: Mel Goldstein and Bill Brenner

Register here
[LEVEL 3 REGISTRATION](#)

Questions: Contact Bill Brenner bill.brenner@usms.org

STROKE CLINIC

Sunday June 8
3:30pm-6:30pm
[STROKE CLINIC REGISTRATION](#)

Worlds updates -- Deadline extended!!, BBQ and Relays

DEADLINE EXTENDED... copied from the Fina Worlds Facebook page.
" Due to the high number of last minute registrations, we made a request to FINA to extend the deadline by a few days. This will allow us to solve any pending issues and make sure everyone has completed the registration process properly. We thank FINA for this opportunity as well as the FINA Masters' Committee."

If you want to register and are having problems contact us at:
contact@finamasters2014.org or support@finamasters2014.org

CMS Worlds BBQ and you're invited! Swimmers and friends attending the 2014 FINA World Championships in Montreal this summer are invited to a get acquainted - meet and greet BBQ at my house on Saturday, July 12 2014 from 4-8pm. There are potentially 13 or more attendees for this pot luck affair. I will provide Brats and a grill to get us started. Christine plans to make a kale and apple salad to share as well. Use the reply all feature to let us know if you can attend and/or bring a complementary dish and/or drinks.

CMS Worlds BBQ
Saturday, July 12
4:00-8:00pm
Andrew LeVasseur
3625 Glencoe Street
Denver CO 80107
303-968-6464

Maryland Rec
Center Natatorium
meet info

[More Information](#)

Ongoing Events

**Butterfly is Not a
Crime Postal
Swim**
Oct 15, 2013-Aug 31
2014
event
info/registration

Swimmers who have registered or are planning on swimming:

Brian Hoyt,
Mark Barrand,
Audrey Eldridge,
Barbara Hall,
Audrey Shuss,
Schuyler Smith,
Suzy Talnall-Cotton,
Andy Sappey,
Collette Sappey,
Jeff Magouirk,
Steve Heath
Nick Bruford
and Christine Zheng.

There are more out there! Let me know if you are planning on attending so I can add you to the list!

FINA Worlds in Montreal: Recruit swimmers for the FINA World Championships in Montreal, Canada August 3-9, 2014. This will be a long course meters meet. Why do you ask are we recruiting for Worlds? Denver Masters Head Coach, Andrew LeVasseur, has been selected as one of 4 coaches who will lead the USMS National Team at the FINA World Championships. Andrew will also be coordinating the CMS relays. Be sure to forward your relay information. swimmin4fun@msn.com

Worlds are held only every other year. Thanks for your support!

[Contact](#)

2014 USMS Speedo 5K & 10K ePostal National Championships

2014 USMS Speedo 5K & 10K ePostal National Championships June 22nd (7:00 am - 10:00 am) & July 6th (12:00 pm to 3:00 pm)

Come on Colorado, how Postal can you go? It's time to step up and show the rest of the USA how tough high altitude swimmers are! Whether you are training for an Open Water 10K or want to challenge yourself and your teammates to swimming a 5K or a 10K straight, this is an opportunity you don't want to pass up. You also get a really cool Colorado Goes Postal Cap for participating!

The 2014 USMS Speedo 5K and 10K ePostal National Championship is hosted by Rogue Valley Masters in Ashland, Oregon. You must be USMS Registered in order to participate. The object is to swim either or both a 5K or 10K in a 50 meter Pool sometime between May 15th and September 15th. Submit your splits and entry form online to the host team and see how you rank Nationally! We are fortunate to have COMSA sponsor 2 opportunities to swim the Postals outside in a 50 Meter pool at Lowry. The first opportunity is Sunday, June 22nd from 7:00 to 10:00 am. The second opportunity is Sunday, July 6th from 12:00 to 3:00 pm. Please note the times are different for each date. Please arrive at least 10 minutes early .

All you need to do is e-mail nicolevanderpoel@msn.com to reserve a lane with the distance you intend to swim, convince a friend or family member to be your counter and keep on swimming! Split sheets, clipboards, stop watches and online instructions will be provided at each swim. When submitting your online entry, please list CMS as your team! We compete individually and as a group! As always, thank you COMSA for providing us crazy distance swimmers with these opportunities!

So how about it swimmers, E-mail nicolevanderpoel@msn.com and reserve your lane by June 20th. Just do it!

Nicole Vanderpoel
Distance Pool Chair

Long

COMSA Party and 2015 State meet site selection

**On Tuesday June 24th,
COMSA is hosting a party at Prost Brewing Company - 2540
19th St. Denver, CO 80211.**

Selection of the site for 2015 Colorado state meet will be discussed.

Agenda:

5:00 - 6:15 Reception - Prost will offer tours of their facility and COMSA will provide one free beer of your choice.

6:15 Presentation of 2014 State Meet - Pictures & Awards etc.
COMSA Board Member Introduction
New Social Chair

6:45 2015 State Meet Sites Overview - Fees and Dates comparison of sites currently under review

7:00 Poll - Where would you like to hold the 2015 State Championships Meet.

7:30 Adjourn

Colorado Masters Swimming is a member run organization and your elected board WELCOMES your participation in our direction. Please come and meet Masters Swimmers from around the state and tell us your ideas.

Good swimming.
Stacy Broncucia

Open Water Swimming at Chatfield State Park in the Gravel Pond

Open Water Swimming at Chatfield State Park in the Gravel Pond

May 1 - September 30

Saturday 7:30 am to 10:00 am

Monday and Wednesday 4:30 pm to 7:00 pm

Monitors needed!

We will be using Sign Up Genius for monitor sign up. All members that swim at the pond are expected to monitor one time during the summer.

The monitoring sessions will be split so that you can monitor half the time the pond is open and will be free to swim the other time.

To view the current list of signups or to sign up for a monitor slot, please do the following:

1. click on <http://www.signupgenius.com/FindASignup>
 2. Type in the following email address: comsaswimmer@gmail.com
- You will get a list of all current sign up sheets available.

Full details about the pond and swimming rules :
<http://www.comsa.org/openwater.html>

Other Open Water Venues

Grant Ranch, Littleton Open Water Swimming

Weekends: May 17-August 31, 2014

Weekday: Mornings June 4th-August 29, 2014

Evenings June 5-August 29, 2014

<http://www.milehighmultisport.com/open-water-swimming/about/>

Boulder Aquatic Masters (BAM), Boulder Reservoir Open Water Swims

Tues/Thurs : May 27-September 4, 2014

Sat : June 28 & July 6

Bare Bones Races: June 22 & July 20

<http://www.bamswimteam.org/w/page.cfm?pagetitle=Open%20Water>

Open Water events:

June 21, 2014

First Annual Nixie Waves Open Water Swim

Aurora Reservoir

Contact [Heather Rodriguez](#) for a \$5 discount code

[Meet info and Entry Form](#)

Continue to check the [COMSA website](#) for local open water event listings, as well as the <http://usopenwaterswimming.org/> site for events throughout the nation.

2014 USMS/COMSA Registration Open Now

Registration in United States Masters Swimming and the Colorado Masters Swimming Association is based upon a calendar year (not from the time you register). Registration fees are \$40 (January 1-December 31). The registration period for each calendar year starts on November 1, with memberships expiring on December 31 of the following year (14 months). Your membership in USMS/COMSA includes:

- SWIMMER magazine, the official publication of United States Masters Swimming. Content is directly related to all areas of swimming for adults.
- The Master Splash newsletter, the official publication of COMSA, announces local swimming related events.
- Secondary insurance coverage, which covers all workouts and events where all participants are USMS registered.
- Opportunity to participate in local, national and international competitions as well as open water swims, and clinics.

All swimmers must register with one of the three Colorado Masters Swimming Association registered clubs or as unattached. Selecting the correct club is critical if you plan to swim individual or relay events in USMS sanctioned meets. For a detailed explanation and link to register,

<http://www.comsa.org/joining/join-online.html>

CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgsteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado
password: masters

Planning Ahead:

Rocky Mountain Senior Games Swim Meet
Greeley Recreation Center
June 7-8, 2014

FINA World Championships Montreal Canada
July 27 -August 10, 2014

USMS Summer Nationals will be held in College Park, Maryland
August 13-17, 2014

USA Swimming Foundation Fantasy Camp Olympic Training Center Colo.
Springs, CO
Oct. 17-19, 2014
[registration](#)

Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere [U. S. Masters Swimming](#)